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Beer me up, Scotty

CLOCKTOWER BREW PUB

Star Trek brew to be served at the Starfleet Gala on May 12



Sara Ericsson
For Metro | Ottawa

As a business that's lived long and prospered, Clocktower Brew Pub knows a thing or two about beer.

The business is using their crafting knowledge in the creation of a new Star Trek-inspired beer, in partnership with Ottawa Comiccon and the Canada Aviation and Space Museum.

The beer, called the Final Frontier, will be served at the museum's Starfleet Gala on May 12, in connection with the Starfleet Academy Experience interactive exhibit opening the next day.

William Shatner himself will attend the gala and taste the beer.

It will also be served for the second year in a row at Ottawa Comiccon, where the brew pub partnered with Wil Wheaton last year to create the HefeWheaton, which sold exclusively at the event.

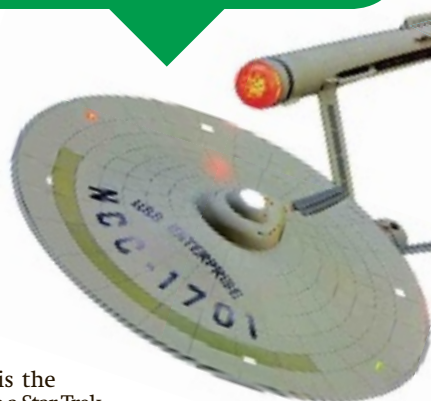
The new beer is brewed with triticale grains and has a special connection to the show — Star Trek lore states the grain was transformed into 'quadrottricale' and was feasted on by 'tribbles' during the fuzzy critters' famous infestation of the Starship Enterprise.

The real grain is a hybrid of wheat and rye, which Clocktower brewery manager, Patrick Fiori, said is not widely used in brewing beer. He said this challenge was a welcome one, and he did plenty of research to ensure he'd make it so.

Fiori is aiming to create a beer that's appealing and innovative, with "a nice, white fluffy head on the beer, even more than normal — that's what we're pushing for."

Fascinating. Fiori relishes opportunities to partner with organizations and come up with new brewing ideas "because it's different from the daily grind," he said.

'To boldly brew what no one has brewed before'



This is the first time a Star Trek-themed beer has been served at Clocktower Brew Pub locations across the city.

It will also be sold in cans at the Bank Street location. Fiori was coy about the design of the cans.

Last year's Star Trek-themed beer saw much success, and Fiori is looking to carry it forward with this year's edition, which he says is taking it to the next level.

There is even more Star Trek momentum right now than usual — this year marks the fiftieth anniversary of the franchise, and a new Star Trek movie and new television series are coming out, this year and in 2017, respectively.

The momentum has been exciting for Fiori, who is a huge fan of the franchise and

is happy to be a part of it in this unique way.

"I think it's pretty cool, and pretty special. It creates a lasting impression in people's minds," he

said. "Whatever happens, Clocktower will be that brewery that did that Star Trek beer."

Clocktower is Ottawa's oldest brew pub, yet pushes to create

new and exciting beers. Fiori says it's not often that old company get to push boundaries and be innovative.

"We do have a safety net, but

that's not how we approach it," he said.

"We want to stay current, want to stay relevant, and ensure people keep on coming."



Note: We know Shatner didn't say 'Beam me up, Scotty.' But it was too good to resist.

“Whatever happens, Clocktower will be that brewery that did that Star Trek beer.”
Patrick Fiori

Hintonburger grilled in suit

COURTS

Plaintiffs claim owner is not making good on \$20K loan



Haley Ritchie
Metro | Ottawa

Local burger joint Hintonburger is facing financial beef over a \$20,000 loan, according to a lawsuit filed earlier this year.

Since moving onto Wellington Street in 2012, the restaurant has become a popular spot with an emphasis on sourcing local. Owner Thomas Williams recently opened a second restaurant in the same area.

Ali Fuentes and Scott May, both also in the Ottawa restaurant business, are suing Williams for \$20,000 they claim they lent him in February 2015.

May, Fuentre and Williams

were former business partners in a different venture, according to court documents.

"You came to me and told me you needed 20K within 48 hours to keep Hintonburger going. I moved mountains to get the cash in a small amount of time," reads an email Fuentes sent to Williams last summer.

The contract in the court documents includes terms for the loan: a 4 per cent ownership of the restaurant, 4 per cent interest on the loan and an 18-month deadline for repayment.

Fuentes and May claim that they never received ownership shares and haven't been repaid any money despite repeated appeals. The 18-month deadline expires in August.

In a follow-up email in September, Fuentes expressed her frustration that no money or plan for repayment had been made. She notes that the lump sum came from her daughter's education fund.

Williams disputes the claim.



We moved heaven and earth to get this money in an emergency.

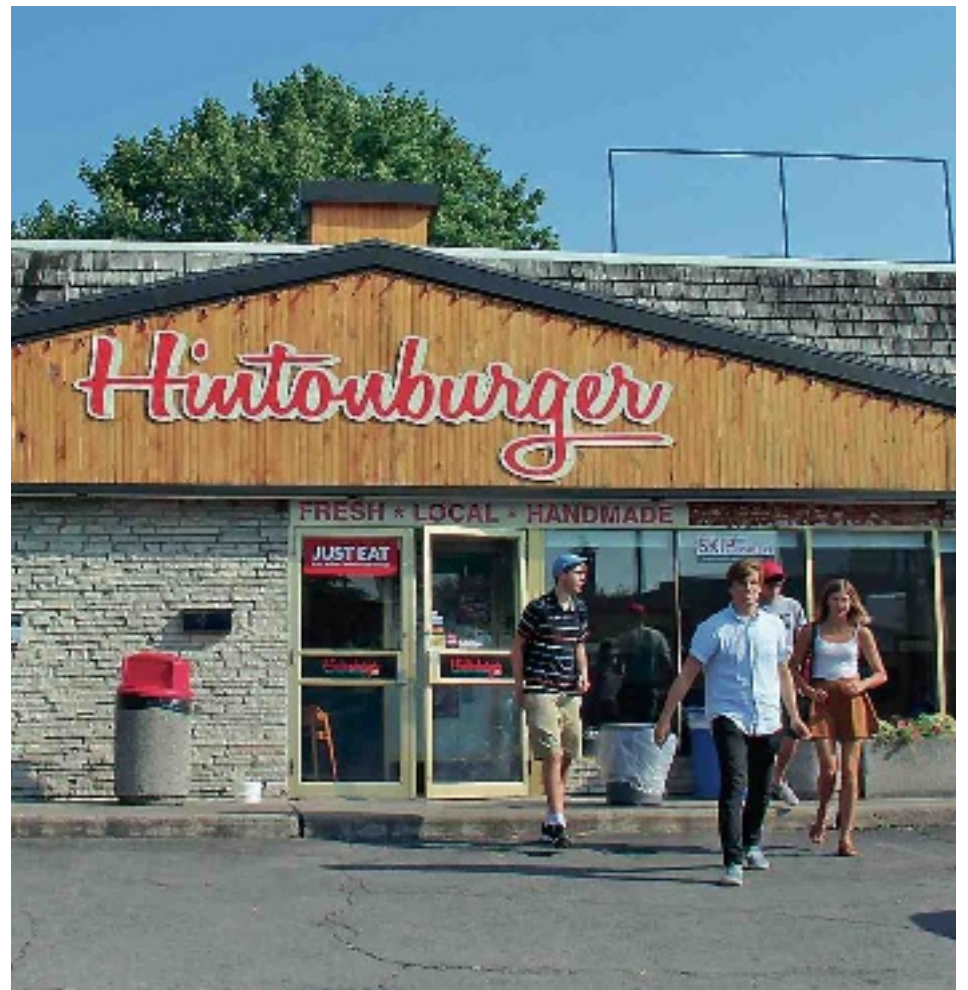
Scott May, plaintiff

His defence filing points out that he still has four months to repay the loan because the contract doesn't specify a required monthly minimum payment.

"The defendant Thomas Williams is not in breach of any loan terms and has until August 2016 in which to pay any or all of the loan," reads his statement of defence, filed in November.

His statement also claims that the contract for the shares is not binding because it refers to "Hintonburger" and not the current legal name of the company.

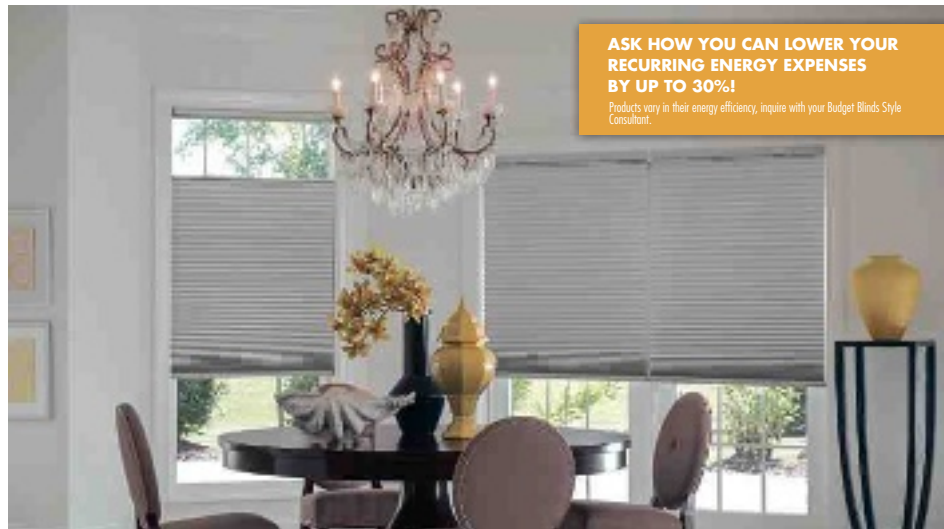
Metro wasn't able to reach Williams on his cellphone. An employee at Hintonburger said he was not available.



The Hintonburger in Westboro is facing a lawsuit over an alleged loan. JOE LOFARO/METRO

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POLITICS

MP Belanger hopes to say 'goodbye' to hospital soon

Ottawa-Vanier MP Mauril Belanger is in hospital but is hopeful he will be out sooner rather than later.

Belanger was hospitalized due to a bad reaction to some new medication.

The long-time politician, who is living with amyotrophic lateral sclerosis (ALS), informed his constituents about his hospitalization on his Facebook page on April 13.

"The reason I have not been out and about lately is because of a bad reaction to new medi-

cation and interaction between medications that have landed me in hospital," Belanger wrote. "I am however hopeful in saying 'Goodbye' to the hospital sooner than later. Wishing you and your loved ones all the very best."

Belanger has been Ottawa-Vanier's MP since he won a byelection in 1995. He was easily re-elected in 2015 with more than 57 per cent of the vote. Upon re-election, he submitted his name for the position of Speaker of the House

of Commons, but on Nov. 30 withdrew his candidacy after he received the ALS diagnosis.

On March 9, members of all parties in the House of Commons applauded as Belanger sat in the Speaker chair in the House of Commons for the day, presiding with the use of an iPad app that generated a computerized voice.

Belanger is scheduled to receive the Medaille du 22 Mars at the Montfort Hospital on April 15.

MICHELLE NASH/METROLAND MEDIA

SPORTS

Dragon-boat team in need after breast-cancer losses

The Prior Chest Nuts are looking for five breast-cancer survivors to join their dragon-boat team this year.

"We need people right now," said Jeanette Grant. "We've lost five people to breast cancer in five years."

A plaque with the names of the deceased is displayed on the Chest Nuts' boat "so they can

keep paddling with us," said Grant. "They remind us why we paddle."

The team is usually made up of about 20 breast-cancer survivors from across the Valley. Anyone who has had breast cancer is invited to join.

The motion of paddling is good exercise for those who have undergone treatment for breast

cancer, said Grant.

The Prior Chest Nuts were founded in 2010 at a breast-cancer support-group meeting. Since then, the team has participated in numerous dragon-boat events.

Practices are twice a week on White Lake from May to September, and the team participates in various festivals and events.

JESSICA CUNHA/METROLAND MEDIA

Tory MPP in hot water again

PROVINCIAL POLITICS

Jack MacLaren posted fake testimonials on his website

Pressure is mounting on Progressive Conservative Leader Patrick Brown to discipline Jack MacLaren after the con-

troversial MPP was forced to remove fake testimonials from his official website.

MacLaren, who had to apologize last week after Torstar News Service revealed he humiliated a female Liberal MP with a sexist joke at a cancer fundraising dinner in Carp, Ont., is in trouble again.

The Ottawa Citizen discovered he Carleton-Mississippi Mills MPP had adorned his of-

ficial website with praise from phoney “constituents.”

“Thanks for everything you did to help me resolve my problem with the Ministry of Transportation,” said “Darren,” from Mississippi Mills, Ont., beside his alleged photograph. The Citizen found “Darren” is actually Sam Muirhead, a New Zealand-born software developer who lives in Berlin. Muirhead told the newspaper “unless I have

a secret evil Canadian twin, Darren does not exist.”

Another testimonial, credited to “Kaydee,” gushed, “You’re amazing! I hope you’re having a great summer — you sure are busy!”

After the embarrassing story was published Tuesday night, a new message popped up on the Tory MPP’s website. “Disclaimer: In order to maintain the privacy of constituents,

stock photos and generic names have been used,” it said beneath the six testimonials from “constituents” represented by a telegenic, multicultural group of headshots. Hours later the offending page was removed and MacLaren issued a terse apology.

“Measures were taken to protect the privacy of individuals who provided positive feedback to my office,” the MPP said in

a statement Wednesday.

“While this was not intended to be misleading, I recognize that it was improper. I apologize and have asked for the content to be removed immediately.”

He then huddled in the foyer of the legislature with Brown’s advisers for 70 minutes after the morning question period, hoping to duck the media.

TORSTAR NEWS SERVICE



Ottawa’s Innes Road Jail. JOE LOFARO/METRO

OVERCROWDING

Jail task force gets city’s crown attorney



Joe Lofaro
Metro | Ottawa

It is reassuring that the city’s top attorney is part of a new task force created to address chronic overcrowding at Ottawa’s jail, particularly since the “broken” bail system is one of the root causes of the problem, said a local defence lawyer.

Jason Gilbert has been very vocal in his criticism of the conditions at the Innes Road jail and the large number of people who are sent there while awaiting a bail hearing. Recent figures from the Ministry of Community Safety and Correctional Services show that 63 per cent of inmates in the province’s jails are on remand, or, in other words, awaiting trial or a bail hearing. The remand rate in Ontario has nearly doubled since 1995, even

as crime rates continue to fall.

A recent Postmedia report that revealed that some inmates have been sleeping in showers appears to have lit a fire underneath Community Safety Minister Yasir Naqvi to find a quick solution.

His office announced the new task force and held its first meeting Tuesday — the same day a 27-year-old inmate awaiting trial hanged himself in his cell.

Vikki Bair, Crown attorney for the City of Ottawa, will be “a key player” on this task force, said Gilbert, adding that he hopes the bail issue will be a top priority.

The task force plans to develop short- and long-term fixes to overcrowding and capacity issues and an “accountability structure” to track the recommendations as they’re implemented.

The ministry said the group plans to develop the action plan by June 1.

IN BRIEF

Education ministry backs off on proposed changes

Ontario’s education ministry is backing off from a controversial daycare proposal as well as a pause it had put on admissions to schools for deaf, blind and severely learning disabled

students. Education Minister Liz Sandals said in question period Wednesday that the government received “extensive” feedback on proposed new daycare regulations and they will not be implemented as posted.

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5 WAYS OTTAWA'S TAXI SYSTEM WILL CHANGE

Emma Jackson
Metro | Ottawa

On Sept. 30, Ottawa's taxi system will enter a new, technologically-savvy era of car-for-hire: one that welcomes app-based companies like Uber and Lyft and which, according to city officials, "takes the handcuffs off the taxi industry." So how will it look on the road?

1 Different but equal

The biggest change, of course, is that Uber will no longer be illegal (just in case that was still holding you back). As long as drivers meet certain conditions — \$2 million in liability insurance and regular vehicle, driving and police record checks, for example — they'll be allowed to accept ride requests through the Uber app. Some things are still the same, though: No cash, no street hails and no taxi stand pickups. Still, taxi drivers are mad: Union local president Amrik Singh called Uber's legalization "200 per cent unfair."

5 Until then ...

It's status quo: That \$1.50 debit charge is still in place, and your Uber driver could still get bagged for being a bandit cab if bylaw officers catch him in the act. Uber Canada's Ian Black said his drivers will keep operating until Sept. 30, while acting deputy city manager Susan Jones promised her officers will keep chasing them down until then.

4 More assistance

How Uber's legalization will affect accessible transit in Ottawa is still unclear. The city wants Uber to pay a voluntary per-ride levy to put towards improving accessible transportation programs, at least until it has the power to make it mandatory. The jury's out on how much money that could generate, or what it would be used for. But there will also be four new accessible taxis on the road under the new regime, and Uber recently launched its door-to-door UberAssist platform in Ottawa. That's not a wheelchair-accessible service, but it could help someone using a walker. Someday we might also see UberWAV, the wheelchair-accessible service now active in Toronto.

2 Pay to play

If Uber wants in, it's going to have to pay its fair share, council has decided. But since drivers are mostly part-time, they'll pay \$0.11 cents per ride instead of an annual fee. That should work out to about the same amount for cabbies, who under the new regulations have had their licence slashed from \$170 a year to \$96. Uber Canada will also have to cough up \$7,253 per year to be a licensed taxi broker in the city. No word yet on whether these new costs will drive prices up for passengers.

3 Pocketbook punch?

If the new regulations hit cabbies right in the feels, they could also hit passengers right in the pocketbook — for better or for worse. One good thing: The taxi industry's \$1.50 debit surcharge will disappear, hopefully forever. And taxis will be allowed to play with rates for trips booked through their app, up to a maximum fare, so they can compete with Uber's surge pricing and even undercut them. But taxis can also charge between \$10 and \$15 extra to book a luxury vehicle through the app — with the option of taking a \$5 fee if the ride is cancelled last-minute. And, just a reminder, there's still no cap on Uber fares, so be prepared on New Year's Eve.



Taxi driver Tony Hajjar protests at Ottawa City Hall on Wednesday after councillors voted to regulate Uber. LUCY SCHOLEY/METRO

RIDE-SHARING

City council votes to legalize Uber

Uber will be legal in Ottawa.

Beginning Sept. 30, ride-sharing companies can operate as licensed private transportation companies.

But they won't be treated like traditional taxis: Drivers will pay \$0.11 cents per ride instead of an annual fee, and they won't need in-vehicle cameras.

Uber Canada general manager Ian Black "welcomed" the new regulations.

"The city's really taken its place as a tech leader in this country," Black said.

Mayor Jim Watson, while chastising Uber for its underhanded tactics, said the changes will promote competition and deliver "a kick in the pants" to the taxi industry.

But the near-unanimous decision was too much for taxi driver Tony Hajjar, who erupted into a torrent of angry accusations in the council chamber.

"You're going to be ruining 2,000 lives here," Hajjar yelled. "This criminal organization ... would be operating with or without your law."

He later said he invested \$160,000 in a taxi plate 20 years ago, but the value has crashed with Uber's arrival.

He wasn't alone: Some councillors were uncomfortable supporting a "corporate bully."

Coun. Eli El-Chantiry voted against the regulations after a lengthy debate failed to force Uber drivers to install in-car cameras.

Others, like Coun. Marianne Wilkinson and Coun. Bob Monette, had misgivings but felt the alternative — allowing Uber to operate with no rules at all — was worse.

Wilkinson said she tried to "level the playing field" with mandatory cameras and reduced maximum vehicle ages. Neither motion passed.

The camera debate raged longest. Taxis already require them, and cabbies wanted Uber to have the same.

Councillors Rick Chiarelli and Keith Egli argued passionately for them as a public safety tool.

But Coun. Allan Hubley said the expensive requirement would be "a poison pill" to price part-time Uber drivers off the road.

In the end, Coun. Riley Brockington's "middle ground" motion won the day. It asked staff to review cameras in a year, once there's enough safety data collected.

EMMA JACKSON/METRO

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Suuns play the St. Alban's Church April 21 and release their haunting new album, *Hold/Still*, April 15. CONTRIBUTED

Suuns album a dark odyssey

MUSIC

Montreal foursome goes edgier on third studio record



Trevor Greenway
Metro | Ottawa

Ben Shemie's new album is full of rips, tears and serrated edges, but the Suuns frontman makes no apologies for the grittier, darker tone on *Hold/Still*.

The Montreal psych-rock foursome is set to release its third studio album this week and listeners will certainly hear the band's inevitable decent into their own dark world. And although it's a chilling foray into the spacey unknown, true fans won't

even buckle up before following the band down the spiral.

"Our music has always kind of had that edge," says 35-year-old Shemie, of the band's previous records *Images du Futur* and *Zero Qs* that are certainly raw and edgy rock music, but nowhere near as dirty and bleak as *Hold/Still*.

"Now it's a bit more obvious. It's kind of an uncompromising record. Whereas in the past, we would have tried to make something a bit more, not pleasant to listen to, but we would have smoothed out the edges more."

"I think we have gotten to the point where we don't even do that anymore, we just go straight for the guttural."

The new album does just that from the onset

— straight to the jugular on the opening track *Fall*, strangling listeners with its wailing guitars and vocals so haunting, you'll want to flip on the lights and lock your doors before you hit the 30 second mark.

The slowly exploding drums create a sense that something is terribly wrong, but we still follow along willingly, trusting Suuns and the sinister psychedelic world they have created around us.

It doesn't get much brighter from here on out. The album continues to slowly burn at both ends, building up only to bring listeners back down the curling corkscrew.

This is perhaps most evident on track 3, *UN-NO*, with threatening guitars being wound up so tight, like a spring about to burst. It doesn't quite schism here, but continues to wind tighter and tighter until the dirty, minimal bass begins driving the bus.

The track is something you'd expect Thom Yorke and Trent Reznor to put out,

after spending a weekend together while eating handfuls of acid. It's *NIN*, without the *Heroin* and *Radiohead* strung out on *China White*.

The band draws on opposites throughout much of the record to explore the antagonistic relationship between conflicting sounds.

This is what keeps us curious sonic seekers around for the entire 45-and-a-half minutes. It's like a spring flower pushing its way to the surface, while still surrounded by snow.

The band explores this most on *Brainwash*. The track starts out slow, with "pretty guitars" strumming the way any simple folk song would begin.

But halfway through, distorted bass, heavy wobbles and fractured glitches take over the space, with the melodic strumming taking a back seat.

Still there, like a stubborn fly that just won't die. But it's not annoying — the two sounds somehow work to create a soundscape that is as beautiful as it is terrifying.

ing.

"We are very evolved and very much involved with electronic music and everything that comes with it," says Shemie.

"The challenge for us playing in a modern rock band, is how do you make the music with an electric guitar, coming at it from a rock point of view, how do you make it relevant now?"

The entire album is very minimal, with repeating sounds and reverb breathing on their own within the sonic space. This allows the music to constantly build, without climaxing too early.

It's terrifying, but you can't turn it off for fear of missing out on any possible optimistic rewards for enduring what feels like an unhealthy, hellish ride down the rabbit hole.

And while *Hold/Still* is far more unrefined and less polished than previous Suuns ventures, the album is by far the tightest suite of songs the foursome has put out. That's no surprise when you learn that Grammy-winning

producer John Congleton was at the helm of the Dallas studio where *Hold/Still* came alive.

Congleton has worked with the likes of St. Vincent, The Roots and Erykah Badu, David Byrne and Sigur Rós, just to name a few. There was no way Congleton was letting the Montreal boys out of the studio until everything was perfect. It reportedly only took three weeks.

With the album set to launch this week, Suuns are performing one special show in Ottawa on April 21, before they hit the big festival tour, which includes a stop at the Primavera Sound Festival in Barcelona in June, Paris's Festival Yeah and Germany's Maifield Derby Festival, among other major shows.

And Suuns has booked the best possible venue for their live Ottawa show.

The St. Alban's church will be able to accommodate the sonic space needed for Suuns' experimental adventure.

Say your prayers, because Ottawa is going bye-bye.



I think we have gotten to the point where we just go straight for the guttural.

Ben Shemie

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Local charity offered free rebranding

ADVERTISING

McMillan gives back with pro bono services for one year



Sara Ericsson
For Metro | Ottawa

No one knows branding better

than advertising companies, and now one company in Ottawa is offering their services as a way to give back.

McMillan, an advertising company celebrating its twentieth anniversary, and has created an initiative called Betterful that will see one charity or non-profit organization in Ottawa receive pro bono rebranding services from them for up to one year.

Megan Finlay is the initia-

tive's creative director.

She says the company came up with this initiative as a way to give back to the community they've called home for 20 years, but that it's also an opportunity for the company to help a deserving organization.

"Branding is what we're good at, and we've got the people here to make it happen," she says.

The company deals with



Branding is what we're good at, and we've got the people here to make it happen. Megan Finlay

businesses around the world, but wanted to keep Betterful open only to charities and non-profits within Ottawa, as a way to stay anchored here.

McMillan's work is primarily business-to-business, so this initiative and the rest

of their pro bono work is an opportunity to branch out.

Other than having to be based in Ottawa, the company has set no specific criteria for charities and non-profits looking to apply, and are keeping the door wide open since they

want to be surprised.

The organization chosen shouldn't be afraid to voice their opinions, since Finlay says disagreement is a vital step in the process to creating the right brand.

"I don't qualify this as a challenge — this is exactly what we are looking for."

McMillan is accepting applications until May 17, and will announce their pick the following week.

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The Better Software Company announced another \$1.6 million in funding with the help of a lion to remind staff it is a jungle out there. COURTESY THE BETTER SOFTWARE COMPANY

Software company to develop new tool



Tom Pechloff
Ottawa Business Journal

The money keeps coming for The Better Software Company, with the west-end tech startup announcing recently it has secured another \$1.6 million in venture capital funding.

"We left over \$3 million on the table and we are already working on our next round," CEO Steve Cody wrote in an e-mail.

Led by Ottawa's Mistral Venture Partners, the round also included Terry Matthews' Wesley Clover, New York-based ffVentures and Toronto-based IAF, Cody said.

The money will help the firm expand its development team with the former head of IBM's Watson Analytics, Kevin

Haaland, at the helm. The team is currently working on a new health and predictive analytics tool called Sherlock, Cody said, which is intended to help level the playing field for small business owners.

"It's tough to compete with the big guys day in and day out," he said.

Never one to shy away from spectacle, Cody announced the funding to his staff with the help of a lion, symbolic of the business atmosphere, he said.

"We didn't want our team to sit back and relax. People can get the feeling that they can take the feet off of the pedal with \$1.6 million in the bank," he said. "The lion helped signify that it's a jungle out there and we have to continue to fight hard for everything we get. It will only get tougher, not easier."



BYWARD MARKET

Fire at coffee shop

ByWard Market hot spot Bluebird Coffee was evacuated Wednesday morning when the café's coffee roasting machinery overheated and started to emit smoke.

Ottawa Fire responded to the call at 261 Dalhousie Street around 10:50 a.m. and quickly confirmed that the minor fire hadn't

spread to the residential units above. "The fire had been limited to the restaurant equipment and the proprietors were advised that it was required to be serviced," said news release.

No injuries were reported and Ottawa Fire thanked patrons and residents for a quick evacuation.

HALEY RITCHIE/METRO

No more doggies in shop windows

COUNCIL

Sale of commercially bred pets will be banned



Lucy Scholey
Metro | Ottawa

There will be no more doggies in pet-shop windows after councillors voted to ban the sale of commercially bred puppies and kittens on Wednesday.

Only three Ottawa pet stores sell commercially bred animals. The other 13 licensed shops house cats and dogs from animal shelters, humane societies or rescue centres.

Those pet stores will have five years to adjust before the bylaw

is phased in. Kitchissippi Coun. Jeff Leiper tried to fast-track the sunset clause to three years, but his motion failed.

Councillors also voted in favour of requiring pet-shop owners to provide breeders' certificates at the point of sale. Stores must also grant a 48-hour "cooling off" period in which pet owners can return the animals.

The Canadian Federation of Humane Societies and the local

Puppymills Awareness Working Solutions (PAWS) applauded the ban, but expressed disappointment at the five-year wait.

"It's better than nothing," said PAWS founder Eileen Woodside.

Coun. Riley Brockington moved a motion asking that pet shops publicly post information about breeders — save for names and addresses — but councillors voted against it.



Pet shops have **five years** to stop selling commercially bred kittens and puppies. METRO FILE PHOTO

CONGESTION

Traffic study gets red light at council

Ottawa city council put the brakes on a proposed traffic congestion study on Wednesday.

Several councillors argued the \$80,000 study would be too pricey, downtown-centric and ultimately lead to road tolls.

This, after Capital Coun. David Chernushenko tried to explain the study would include solutions to traffic beyond the controversial road tokens. His motion failed 15-8.

"This is really just a wolf in sheep's clothing. It's all about tolls," argued Kanata South Coun. Allan Hubley. Ottawa does not have the rush-hour problems other major cities do, he further argued. While road capacity may pose a problem in the future, the city can address traffic buildup in other ways, like investing that \$80,000 in infrastructure, he suggested.

But Chernushenko said the response to congestion problems has always been the same — build bigger roads or encourage alternative transportation like cycling. While those solutions are fine, they may not always be the answer, he said. A congestion study could examine all possible tools, including variable pricing and parking and multi-directional lanes.

Maybe the study would point to road tolls, but that does not mean council would have to vote for them, Chernushenko argued.

Knoxdale-Merivale Coun. Keith

Egli said scrapping the study over fears of tolls does a disservice to Ottawa residents.

"We have to address (congestion) and the only way to do it is with knowledge and information."

Instead, most councillors turned their backs on reason, said Trevor Hache, of the Healthy Transportation Coalition.

"They decided they didn't even want the facts," he said. "They didn't even want to have the analysis of ... the causes of congestion and possible solutions."

Barrhaven Coun. Jan Harder partly attributed the congestion problems to a lack of new express bus routes in her high-growth ward.

There's no point in "spending a bunch of taxpayers' dollars on something that we already know," she said.

LUCY SCHOLEY/METRO



Coun. David Chernushenko.
METRO FILE PHOTO

IN BRIEF

Payday-loan companies may face tighter rules

On Wednesday, councillors swiftly approved Rideau-Vanier Coun. Mathieu Fleury's motion directing staff to regulate payday-loan shops. There are a "clustering" of such shops in low-income areas, he said. The interest and fees sometimes outweigh the amount of the loan.

Councillors also voted to ask the provincial government for permission to limit payday-loan companies by location and number. Existing establishments would be grandfathered in, so the new rules wouldn't affect the density of shops in Centretown and Vanier. City staff will come back with a report in early 2017.

LUCY SCHOLEY/WITH FILES FROM
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TRANSPORT CANADA

Dunrobin noise pollution from aircraft down since meeting

The constant drone of aircraft above Dunrobin seems to have lessened after a meeting with a Transport Canada official, says an area couple.

Maria and Tom Rey contacted Metroland Media last fall after growing frustrated with a lack of response from the federal government. Air traffic above the Reys' home had escalated from about five planes a day to upwards of 50 aircraft a day in a two-year period.

After the article appeared, the Reys created an advocacy group with neighbours and other area residents concerned with the increase in noise. They were able to set up a meeting with Nick Taylor, technical team lead of flight operations with Transport Canada and a former pilot, and got together in January.

"That's where we actually got some

"There's an extreme decrease in the amount of planes we hear."

Before meeting with the Reys, Taylor spoke with the chief flying instructors from the Carp, Rockliffe, and Ottawa Macdonald-Cartier International airports (who all train in the Dunrobin area) to discuss the constant noise and low-flying training manoeuvres happening in a concentrated zone.

The result was an agreement with the airports; aircraft training in the area will fly at an altitude of at least 1,500 feet over Dunrobin instead of the 500-foot minimum, and spread the drills over six or seven less populated locations, said Transport Canada in an emailed response.

The flight schools also agreed to meet with Transport Canada "in the future" to discuss

ideas about other suitable training areas.

"We're very happy with the response we got and the pro-

activeness (Taylor) took on our behalf," said Tom.

Some Corkery residents had taken to Facebook to question the amount of traffic in their area. Other residents got in touch with the Reys about helicopter noise closer to the Carp Ridge area.

"They're still having massive problems with helicopters," said Maria, adding she and Tom are working to create a committee that would benefit both the local airport and the residents.

Mark Braithwaite, manager of the Carp Airport, said he thinks it's a great idea.

The Ottawa airport has raised its fees and that has resulted in increased traffic in the west end.

Helicopter Transport Service Canada is a tenant of the Carp Airport and conducts pilot competency checks twice a year, said Braithwaite. The local airfield is also used for military training.

In an emailed response, Transport Canada said the voluntary agreement to limit flights to 1,500 feet over Dunrobin was only discussed with the flight schools and not any privately owned helicopter companies.

JESSICA CUNHA / METROLAND MEDIA



RICK BOWMER/THE ASSOCIATED PRESS

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Toronto Raptors DeMar DeRozan, head athletic trainer and Renfrew native Scott McCullough, Kyle Lowry and massage therapist Ray Chow were all smiles at the recent NBA All-Star game in Toronto. The team is now looking to the playoffs. CONTRIBUTED

Raptors trainer ready for playoffs

NBA

Renfrew native has been with the team since 2006 season

The Toronto Raptors are gearing up for the playoffs with a little help from a Renfrew native.

Scott McCullough has been the head athletic trainer for the team since 2006 and is also a Renfrew Collegiate Institute alumnus.

In a recent e-mail interview, McCullough says there is not much difference between the regular season and the playoffs for him.

His role is to manage and treat existing injuries and perform the corrective/preventative programs with all his players.

"The playoffs are so much more focused and intense," said McCullough. "Every game is magnified."

"The one thing I really look forward to is hearing the Can-

adian national anthem at the (Air Canada Centre). It is an amazing experience having the entire crowd, inside and outside the (Air Canada Centre) singing together; it brings goosebumps every time!"

McCullough has had a busy year, as he was also the Eastern Conference athletic trainer during the NBA All-Star Game on Feb. 14, a role he also held at the 2011 game in Los Angeles.

McCullough has been with the team now for 10 years and he says the best part is helping individuals when they are injured and being able to work with some of the best athletes in the world.

The job also has some challenges.

"The biggest challenge is the long hours and travel," McCullough. "We are gone about 100 days over the season, along with summer league. There is no offseason and I am on call 24/7/365."

McCullough says while he was in high school he wanted to be a



The one thing I really look forward to is hearing the Canadian national anthem.

Scott McCullough

physical education teacher and was on his way to getting his teaching certificate at the University of Toronto when an injury changed his course.

"I hurt my knee and saw how much the therapists enjoyed their jobs. From that point I worked towards getting my degree in athletic therapy and working in professional sports," said McCullough. "In high school I enjoyed spending time (with) all my teammates/friends and being taught by some wonderful teachers/coaches. Playing sports in high school helped me to become a part of a team, where everyone has a role."

TIFFANY LEPACK / METROLAND MEDIA

CAR CRASH

Man dies after collision in Vanier



Joe Lofaro
Metro | Ottawa

A 24-year-old Ottawa man has died after suffering critical injuries following a collision on Tuesday with another vehicle involved in a brief police pursuit, said the Special Investigations Unit.

The man was driving a Honda Accord with a 21-year-old female passenger when it was struck by a Pontiac G6 shortly after 1 a.m. The man and woman in the



An investigator examines the scene where a Honda Accord was struck by another vehicle.

JOE LOFARO/METRO

Honda were both ejected from the vehicle due to the impact.

Ottawa paramedics said the 24-year-old man suffered head and neck injuries as well as multi-

system trauma, and required assistance breathing.

The police watchdog said a marked police cruiser had attempted to stop the Pontiac in the ByWard Market and then engaged in a pursuit that was soon called off. The car continued to drive away until it struck the other vehicle in Vanier.

Both occupants of the Honda and the 37-year-old male driver of the Pontiac were critically injured and sent to hospital.

The SIU is now probing the collision since police were involved in an incident that resulted in a serious injury.

Canada is unequal for kids: UNICEF

EQUALITY

Report ranks this country 26th out of 35 nations

Among the world's rich countries, Canada is one of the more unequal societies for children, according to a new UNICEF report on the well-being of young people.

"In the international Olympics of child well-being, there isn't much to celebrate," UNICEF Canada said in a companion analysis released Thursday.

David Morley, president and CEO of UNICEF Canada, told Torstar News Service "we need to make some investments" because "if we make things better for our poorest children, it makes them better for our society and builds the kind of society we want to think we are."

The global report, UNICEF's Report Card 13: Fairness for Children, focused on what is called "bottom-end inequality" — how far the poorest children are allowed to fall behind the average of their peers.

It looked at the difference in four key areas — income, health, education and life satisfaction — between those children at the bottom 10 per cent of family income and those in the middle.

In 2013, Canada ranked 17th out of 29 affluent countries. In this latest study, Canada is 26th out of 35 nations.

"Canada is one of the more unequal societies for children," said the UNICEF Canada report titled Fairness for Children: Canada's Challenge. "The growing gaps suggest that life is becoming more difficult for the most excluded children as social inequality has widened."

Alarming, Canada has one of the highest proportions of children reporting very low life satisfaction, which is associ-

+ KEY FINDINGS

■ **Most areas of child well-being** showed no improvement in Canada over the last decade.

■ **The poorest children** in Canada have family incomes 53 per cent lower than the average child.

■ **Boys and girls are "differently" unequal**, with boys more likely to fall behind in education, girls more likely to fall behind in health and life satisfaction.

ated with poor mental health and risky behaviour.

For indigenous and racialized communities, especially, there is a sense of "being beyond the fringe, not even on the fringes," Morley said.

TORSTAR NEWS SERVICE



Bugs might be a diet staple in most parts of the world, but the thought of munching on insects is enough to make many Canadians squirm. FRED THORNHILL/THE CANADIAN PRESS

FOOD

'Massive value' to eating bugs

Bugs might be a diet staple in many parts of the world, but the thought of munching on insects is probably enough to make most Canadians squirm.

Yet three brothers think it's time for people in this country to get over their squeamishness and eat the nutrient-rich creatures.

"If you want your relation-

ship with food to be one where the food you eat enhances your life, enhances your wellness and helps you live longer, then you should consider insects. And at the same time they help the planet," says Jarrod Goldin, president of Entomo Farms, which raises crickets and mealworms for human consumption in Ontario.

"If you don't care about living longer and your health and all you want to do is drink pop and eat Doritos, then God bless you, go right ahead. It's not for us to preach or try to convince."

"There is a massive, massive value to eating insects, massive value, for people, for their children, for their families."

THE CANADIAN PRESS

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TEXAS

'Affluenza' teen gets nearly 2 years in jail

A judge on Wednesday ordered a Texas teenager who used an "affluenza" defence in a fatal drunken-driving wreck to serve nearly two years in jail, a surprising sanction that far exceeds the several months in jail that prosecutors initially said they would pursue.

Ethan Couch, who was appearing in adult court for the first time after he turned 19 on Monday, received 180 days for each of the four deaths in the June 2013 crash.

Initially, state District Judge Wayne Salvant said he would not immediately rule on how much longer Couch would spend in the Tarrant County jail. But he reconsidered his ruling after hearing an argument from prosecutors that Couch should be sentenced not to 120 days in jail for the

crash, but to 180 days for each of four counts of intoxication manslaughter under a separate part of Texas code.

Couch had been facing the prospect of adult jail time as part of his probation once his case had moved out of the juvenile system. Prosecutors didn't ask the judge to declare Couch had violated his juvenile probation by fleeing to Mexico with his mother last year.

Couch lost control of his family's pickup truck after he and his friends had played beer pong and drank beer that some of them had stolen from a Wal-Mart. He veered into a crowd of people helping the driver of a disabled vehicle on the side of the road. Authorities later estimated that he was going 70 mph in a 40 mph zone.

THE ASSOCIATED PRESS



Ethan Couch, the teenager who used an "affluenza" defense in a fatal drunken-driving wreck was ordered to serve nearly two years in jail. MAX FAULKNER/STAR-TELEGRAM VIA THE ASSOCIATED PRESS

IN BRIEF

UN proposal aims at extremists' use of chemical weapons

Russia and China introduced a draft UN resolution Wednesday aimed at preventing extremist groups like Daesh from developing or using chemical weapons in Syria. Officials said the proposed resolution could serve as a deterrent.

THE ASSOCIATED PRESS

China gay rights movement makes gains

A judge ruled against a gay couple in China's first same-sex marriage case Wednesday in a landmark moment for the country's emerging LGBT rights movement. The lawsuit comes amid more awareness of lesbian, gay, bisexual and transgender issues in China.

THE ASSOCIATED PRESS

COURT

Bill Cosby wants testimony resealed

Bill Cosby's lawyers urged an appeals court Wednesday to reseat the comedian's lurid, decade-old testimony about his womanizing, but the panel of judges seemed to think the request was pointless, since the deposition has already made headlines around the world.

Members of the three-judge panel of the 3rd U.S. Circuit of Appeals reeled off a list of "the toothpaste's out of the tube"-type metaphors to suggest that any damage to Cosby's repu-

tation from the release of the testimony has already been done. The documents were released last year on a request by The Associated Press.

Cosby's attorneys hope a ruling in their favour could help them keep the documents from being used in the criminal case against him in Pennsylvania and in the many lawsuits filed around the country by women who accuse him of sexual assault or defamation.

THE ASSOCIATED PRESS



After months of training with the neural bypass system, 24-year-old Ian Burkhart, a quadriplegic, can make isolated hand and finger movements and perform functional tasks, like grasping and swiping a credit card. He can even play Guitar Hero. AFP/GETTY IMAGES



Mind-reading system hailed as breakthrough

SCIENCE

Neural bypass system restores a patient's use of his hand

Ian Burkhart was 19 and fresh out of his first year of university when he dove into a shallow wave on vacation with friends. He hit a sandbar and broke his neck, catastrophically damaging his spinal cord. Doctors told Burkhart he was quadriplegic: he could move his shoulders, but he would most likely never move his hands or legs again.

Three years later, in a laboratory at the University of Ohio, researchers wrapped a neuro-

muscular electrical stimulation cuff around Burkhart's forearm. The cuff was connected to a "neural bypass" system, which learned to decode signals from sensors in his brain. Burkhart thought about moving his hand, and for the first time since his accident, he moved it.

After 15 months of training with the system, Burkhart can use it to make isolated hand and finger movements and perform functional tasks, like grasping and swiping a credit card. He can even play Guitar Hero.

Researchers from Ohio State University, the Feinstein Institute for Medical Research and the Batelle Memorial Institute, describing the advance in a paper in Nature published on-



This is something that's working. I will be able to use my hand again.

Ian Burkhart

line on Wednesday, believe it is the first time a human has gained use of paralyzed muscles using signals from their own brain.

That first hand movement "was really just like that flicker of hope: this is something that's working. I will be able to use my hand again," Burkhart said. "Right now it's only in a clinical setting, but it's something that with enough people working on and enough attention can be something I can use outside of the hospital, at my home, outside of the home, and really improve my qual-

ity of life."

Researchers not connected to the study welcomed the advance, but cautioned that it could be years before technology like this might be able to help others. Burkhart underwent brain surgery to implant the microelectrode array, and his skull must be tethered to devices in a laboratory in order for the system to work.

The researchers are now focusing on shrinking the system and making it more intuitive, so Burkhart, and potentially other patients, can use it outside the lab. TORSTAR NEWS SERVICE

CONSUMER GOODS

Cuba eases grip on wholesale market

Cuba says it is opening its state-controlled wholesale market to a limited number of private business owners in response to rising prices that have angered many ordinary Cubans.

Without access to wholesale goods, private business have been buying basic supplies in retail outlets and raising the prices to generate profit, leading to widespread hikes in the cost of food and many household goods.

State-run media said Wednesday that food and personal-service businesses that are

either co-operatively run or rent space from the government will be able to buy goods at prices 20 per cent below retail. They will also be able to do business with state-run importers, a potentially important new benefit that could give access to U.S.-made goods.

The new measures also establish price caps on some goods bought wholesale and sold privately, among them Cuban-produced soft drinks and beer, rum, cigarettes and chicken. State media said the measures would go into effect on May 2.

Under economic reforms that began under President Raul Castro, Cuba has been slowly allowing private enterprise to compete with state-run businesses saddled by decades of inefficiency and lack of investment.

Private businesses have been dramatically outperforming government-run enterprises but charge prices out of the reach of most Cubans, leading to bitter complaints that the country's socialist system no longer serves ordinary people.

THE ASSOCIATED PRESS

+ IMPORTS

Passengers bring in goods

Private businesses have been unable to import through normal channels, forcing them to depend on informal networks that arrange for Cuban airline passengers to bring hundreds of millions of dollars of goods each year into the country in their checked bags.

AMAZON'S NEW KINDLE

The e-commerce giant's latest e-reader, Kindle Oasis, is its smallest and lightest, and also the most expensive at \$290 US. Here's what's new about the device. THE ASSOCIATED PRESS

LIGHTWEIGHT

The Kindle Oasis is 30 per cent thinner and 20 per cent lighter than previous Kindles.

CHARGE IT UP

The Kindle Oasis features two batteries — one in the e-reader and another in its cover — which together stretch the battery life to 9 weeks of “regular” reading (30 minutes a day by Amazon’s definition) or months on standby. The Oasis and its cover charge simultaneously via one port.

GET A GRIP ON IT

The device is asymmetrical, with a grip on one side for one-handed reading. If you are left-handed, you can just flip the device over.

Spending boost to spur growth: BoC

ECONOMY

Central bank projects GDP to expand 1.7%

The Bank of Canada says the federal government’s multi-billion-dollar spending boost has uplifted what would have been a modest downgrade to its economic growth forecast this year.

The central bank also kept its trend-setting interest rate locked at 0.5 per cent Wednesday.

The bank expects the federal investments of about \$25 billion over the next two years to more than offset the negative consequences of a slightly stronger dollar, weaker-than-expected global growth and shrinking investment in the oil sector.

It is now predicting the country’s real gross domestic product to expand by 1.7 per cent in 2016, up from its January expectation of 1.4 per cent.

The bank said unexpectedly strong growth in the

first three months of 2016 was partly due to temporary factors and that is expected to fade with the loonie’s recent rise and slower international demand.

“The combined effect of all these global and domestic developments would have been a modest downgrade of the bank’s outlook,” the bank said in a statement that accompanied the latest release of its quarterly monetary policy report.

“However, the fiscal measures announced in the March federal budget will have a notable impact on GDP.”

It is now predicting first quarter GDP to register 2.8 per cent, up from one per cent. It’s also anticipating one per cent growth in the second quarter of 2016, down from the January forecast of 2.2 per cent.

Using the same baseline numbers in Ottawa’s recent budget, it projected federal and provincial government

spending to combine to contribute 0.5 percentage points to growth this year and 0.6 percentage points in 2017. The impacts of provincial measures are expected to be minimal.

But even with the government lift, the bank lowered its 2017 growth projection to 2.3 per cent from 2.4 per cent.

That’s because non-resource exports, while strengthening, aren’t expected to be as robust as previously thought due to the recent increase in the dollar.

Following the announcement, CIBC chief economist Avery Shenfeld wrote in a note that governor Stephen Poloz had no choice but to raise the 2016 forecast since his boss, Finance Minister Bill Morneau, has been “touting the benefits of fiscal stimulus” and because the economy saw surprisingly sturdy GDP growth in December and January.

THE CANADIAN PRESS

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CHANTAL HÉBERT ON MULCAIR'S CURIOUS CONVENTION



Given the result of the vote, most leaders would have issued a terse farewell and been on their way. But Mulcair offered to be the party's caretaker for up to two years.

By the time he stood at the podium to address the NDP convention Sunday morning, Thomas Mulcair must have known he was in deep and likely irreversible trouble.

It took little more than a minimum of political acumen to pick up the negative signals that preceded the vote on whether to seek a new leader. Mulcair did not lack for antennas in the corridors of the convention.

Upon arrival in Edmonton on Thursday, a long-time NDP insider told me Mulcair could hope at best to win the vote with 55 per cent. The support of such a slim majority of delegates would have left him well short of the mark he needed to reach to have the legitimacy to stay at the helm. Presumably, the outgoing leader had access to the same sobering assessments of his prospects.

If he ever had any illusions that the 70 per cent-plus confidence vote he was seeking was in the bag, he had to have lost them some time before he finally faced the music on Sunday.

As the convention progressed, Mulcair and his team must have noted that things were taking a turn for the worse. The momentum for a leadership campaign grew with every passing hour, with fewer and fewer New Democrats willing to challenge the case for replacing the leader.

A politician as seasoned

As time went on this weekend, it became less and less clear what the NDP leader's end game was.

as Mulcair wouldn't have thought a single speech would turn the tide or that the meandering address he was about to deliver was up to such a Herculean task.

It is even harder to imagine his inner circle did not at least present him with options that would have spared him a public humiliation and, possibly, left him with a shot at keeping his job.

In the weeks, days and hours leading up to the vote, Mulcair was still in control of his destiny. On the way to the podium, he still had course-altering alternatives at his disposal.

As late as last week he could have signalled his intention to oversee a 24-month transition to a successor. In the summer of 2002, then-prime-minister Jean Chrétien did just that,

setting a date for his retirement more than a year before his actual departure rather than fend off an attempt to drive him out at a Liberal national convention. That paved the way to a dignified exit.

Alternatively, there was a middle ground between losing the vote and stepping down to pre-empt it.

Even as late as Sunday morning, Mulcair could have regained control of the agenda by telling delegates he had resolved to ask the party to organize a leadership convention and planned to run for his own job.

After all, even in the best-case scenario, a decent score on the weekend would have signalled only the beginning of another campaign to survive another convention vote in

two years. Would it have been worse to take on real-life rivals in a full-fledged contest than to spend the next few years fighting shadows?

Yes, former Tory leader Joe Clark and the Canadian Alliance's Stockwell Day both took that particular route and it led them to a wall. But every situation is different. As the prospective leadership field looks now, Mulcair would have stood head and shoulders above the competition.

As time went on this weekend, it became less and less clear what the NDP leader's end game was.

It would have made strategic sense for Mulcair to allow, as he did, events to take their course to their inevitable conclusion on Sunday if he has come to simply want to put the leadership chapter of his life behind him. But it seems the opposite is true.

Given the result of the vote, most party leaders standing in his place would have issued a terse farewell and been on their way to pursue less thankless challenges. Instead he immediately offered to act as the party's caretaker for up to two years.

Mulcair must be a glutton for punishment. Some even believe he could be amenable to being drafted to run for the job he just lost. That sounds crazy but no more so than some of the choices made in Edmonton. Rational calculations — as recent events have demonstrated — are not always at the root of political decisions.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

ROSEMARY WESTWOOD

On reserves, the state of emergency never actually ends

If 11 suicide attempts in a day in a community of 1,500 people isn't a state of emergency — as declared by At-tawapiskat's chief on Saturday — nothing is.

Certainly, alarm at the crisis in the northern Ontario community has been widespread, among indigenous, provincial, and federal leaders, national and international media.

But by their very nature, states of emergency are last-ditch efforts for help. They are short-term, flashes-in-the-pan of attention.

Flying in band-aid resources, such as non-permanent counsellors, to handle the fallout is certainly necessary. But everyone knows it offers zero long-term hope.

Indigenous suicide is not like flood waters that will recede. They have not appeared like a freak storm. It's a persistent and devastating phenomenon which must be actively scrubbed from indigenous communities, along with the idea that responding to a state of emergency is in any way sufficient.

It is not. To begin with, an indigenous state of emergency isn't very powerful. For the federal government, a state of emergency frees up power and money to be wielded at the government's whim. For reserves, a state of emergency is a cry for help, from a disempowered group to a powerful one. It doesn't grant a reserve more power or wash it in money.

Nevertheless, states of

emergencies have become the crutches of government, the method by which ministers express concern for indigenous lives, the mechanism for meagre resources. The reliance on states of emergency almost presupposes the cyclical nature of various crisis on reserves, the pendulum forever swinging from bad to very bad.

It is particularly vile that states of emergency on reserves are almost synonymous now with suicide spikes. And yet, suicide is not what states of emergency were designed for — at least according to the government's own documents. While fires and floods and all manner of natural disasters are mentioned in INAC's Emergency Management Plan for states of emergency on reserves, suicide is not. And while the policy rightly gives equal weight to preventing emergencies as to responding to them, we can see how effective suicide prevention has been.

I wish we could recast "states of emergencies" into more accurate language. Like: "spike in suicides higher than the regular, terrible suicide rate stemming from centuries-long discrimination and also a lack of humane, basic services, like water." Or: "state of crisis even more severe than usual, warranting extra media/government attention until it subsides back down to the usual state of crisis."

At least then the hypocrisy would be clear.

THE MICROTREND: Riding in cars without boys



If you think this whole ride-sharing fad is going away any time soon, you're in for a pretty long wait. We're deep in the Uber era and nothing the taxi industry or municipal governments do will change that. On the other hand, nothing that Uber, Lyft, et al do will change the indisputable and chilling fact that female riders and drivers have been harassed, some have been physically harmed and many feel unsafe. In this light comes Chariot For Women, a startup ride-sharing service with an almost elegantly simple solution: No men allowed. When the service debuts in Boston next Tuesday, all drivers will be female, and no ride requests from males over 13 will be accepted. Transgender women will be welcome to use the service. SOURCE: VOX

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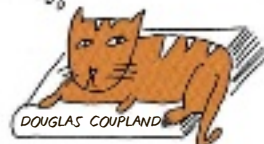
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INTERVIEW

Biography follows her life long before campaign trail

With another Clinton running for the U.S. presidency, a new release about her life is timely.

Hillary Rodham Clinton, *A Woman Living History*, by Karen Blumenthal is categorized as a Young Adult book, but like so many YA books is sophisticated, clear and completely suitable for adults.

This Q&A with author Karen Blumenthal reveals just how sophisticated the insights in the biography are.

You quote Mario Cuomo, former governor of New York, who said "You campaign in poetry. You govern in prose." You note Hillary has the prose part down but her campaigning lacks finesse.

I was so excited when I found that quote. It had been used in a different context, to describe Bill Clinton, who is the master of poetry in campaigning, perhaps the best campaigner of my generation. But it spoke to me in terms of Hillary. She is very good at the prose but she has even admitted she isn't a natural campaigner.

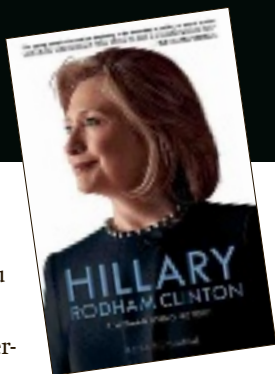
Hillary has always realized that about herself. When she became the governor of Arkansas' wife she began to understand that she couldn't do certain things.

That is one of the more revealing sections about her in the book. She gave a speech that is very powerful where she talks about thinking how they would both go off to work together in the morning. She would go to her law office and he would go to the governor's office. And they would return for dinner and talk about their day, just two professionals in a marriage. As smart as she is, she had to learn that being a politician's wife is not the same as being a lawyer's wife.

She has so much baggage, not just the stuff that Bill has loaded on her for years, but her own issues: using her personal email for government work while she was secretary of state, for example.

She certainly does things that seem dumb, for lack of

Getting schooled on Hillary's history



a better word. She does seem to lack savvy. What would you expect the outcome would be of using your personal email (for work purposes) or of refusing to engage with the press? Those were not accidental choices, those were very intentional choices. Those things have created trust issues that are real.

Hillary has wanted to be president for a very long time. It's interesting that the wife of a former president is running for the same office he held. She is not just a president's wife. She is a highly competent, highly qualified female politician whose life was really changed by her time in the White House. That was her transformative moment, to go through the Monica Lewinsky scandal as the partner of Bill Clinton.

To me the most interesting moment, and I didn't know

about this until I started researching, but six weeks after Bill went public and admitted to the nation and to her that he lied,

some Democratic women show up at her office, not to console her or support her, but to tell her they need her to get on the campaign trail because Bill Clinton is not going to help the Democrats through the 1998 (midterm) election.

She goes to help these candidates get elected. Out of that experience she realizes she is not just a first lady, she is a politician in her own right. And after that she becomes senator, she becomes a presidential candidate, she becomes secretary of state. This is a whole different dynamic than we have seen from any first lady.

She does seem to be a magnet for controversy.

One of the reporters who followed her in the New York

She does seem to lack savvy. What would you expect the outcome would be of using your personal email (for work purposes)?

Karen Blumenthal, biographer



GETTY IMAGES

COMICS

Oldest profession gets graphic

Mary Wept Over The Feet of Jesus

BY: Chester Brown

PUBLISHER: Drawn and Quarterly

Mike Donachie
Metro | Canada

Canada's most intriguing graphic novel creator is back, and he's got something to say, as usual.

Chester Brown's latest book is called *Mary Wept Over The Feet of Jesus*, with the subtitle *Prostitution and Religious Obedience in the Bible*. Like his last offering, *Paying For It*, it covers some difficult and controversial topics, and includes the open admission that Brown pays for sex.

Last time, he described his own experiences. This time, he adapts selected Bible stories, including the prodigal son and Cain and Abel, to make an argument that prostitution should be acceptable now, and was acceptable in the times depicted.

Whether you agree or not, this book is remarkable. Brown's simple line art is beautiful, the narrative is interesting and the item itself is a neat little hardback filled with annotations and text arguments.

Frankly, Brown's work is odd and challenging. But his powers as a cartoonist and storyteller make him impossible to ignore.



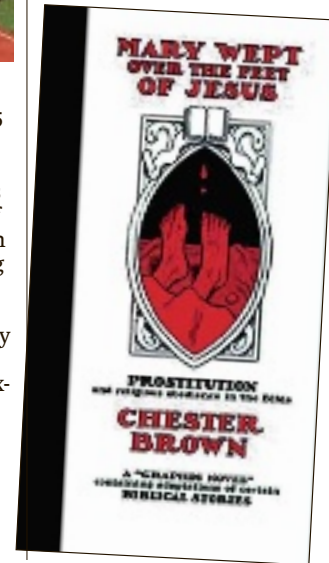
(Senate) campaign had an interesting observation: "When she answers questions you don't feel you are getting the whole answer." I don't think she thinks she is holding back; I think she does think she is answering. There is a discomfort for people who believe politicians can't be trusted.

I want to go back to your question about what did surprise me researching this book. I didn't expect that I would be covering the history of the last 50 years. Her life has almost been a front row of history. As a teenager she meets Martin

Luther King in the 1960s; she was at college from 1965 to 1969, at the beginning of the women's movement, the middle of the civil rights movement, the escalation of the war in Vietnam. She is in New Haven, Conn., (studying law at Yale) when the Black Panthers go on trial there.

She works for the Judiciary Committee looking into the impeachment of Richard Nixon. She is the first lady during the Oklahoma bombing and a New York senator during 9/11. Telling her story is telling the history of America in the last 50 years.

TORSTAR NEWS SERVICE



Beyond the role of 'Mexican Hooker #1'

CARMEN AGUIRRE

Author transcends her trauma in new memoir

Sue Carter
For Metro Canada



It seems appropriate to be speaking to Carmen Aguirre while she's out on the road. But her hotel room in London, U.K., where she is in town for a book tour, is a world away from the nomadic childhood she spent on the move after General Augusto Pinochet's brutal 1973 coup forced her family to flee their home in Chile.

Aguirre's first memoir, the best-selling *Something Fierce: Memoirs of a Revolutionary Daughter*, documented her family's years on the run, followed by her own decision at age 18 to join the underground resistance against Pinochet. In 2012, *Something Fierce* won CBC's books competition Canada Reads, in what was perhaps its most

controversial and heated debate to date, when a panelist, Quebec lawyer Anne-Francis Goldwater, declared Aguirre a "bloody terrorist."

While it's clear from Goldwater's comment that it's difficult for many to empathize with what it must have been like to witness that kind of violence at such a young age, Aguirre's recollections in the book of being a teenager — coveting the cool pair of shoes and wanting to hang out with cute boys — also made her story relatable as a coming-of-age tale.

Sadly, there will be readers who relate to some of the themes and events in her follow-up memoir, *Mexican Hooker #1: And My Other Roles Since the Revolution*, which details her life after a horrifying attack at age 13 by John Horace Oughton, the serial rapist known as Vancouver's Paper Bag Rapist.

When Aguirre initially set out to write *Mexican Hooker #1*, published by Random House Canada, she says she wanted to "explore her creative journey" as a performer, playwright and theatre director.

"I had no intention of making the rape the focus of the book,"



66

I had no intention of making the rape the focus of the book

Carmen Aguirre

she says. But her growth as an artist was in many ways directly connected to the trauma she experienced as a child.

Aguirre knew she wanted to be an actor since she was three years old, after her parents took her to a circus and she became mesmerized by a performer riding on a galloping white horse. It wasn't until years later, at theatre school in Vancouver during an intense acting class, that she had a flashback so powerful the director insisted she enrol in therapy.

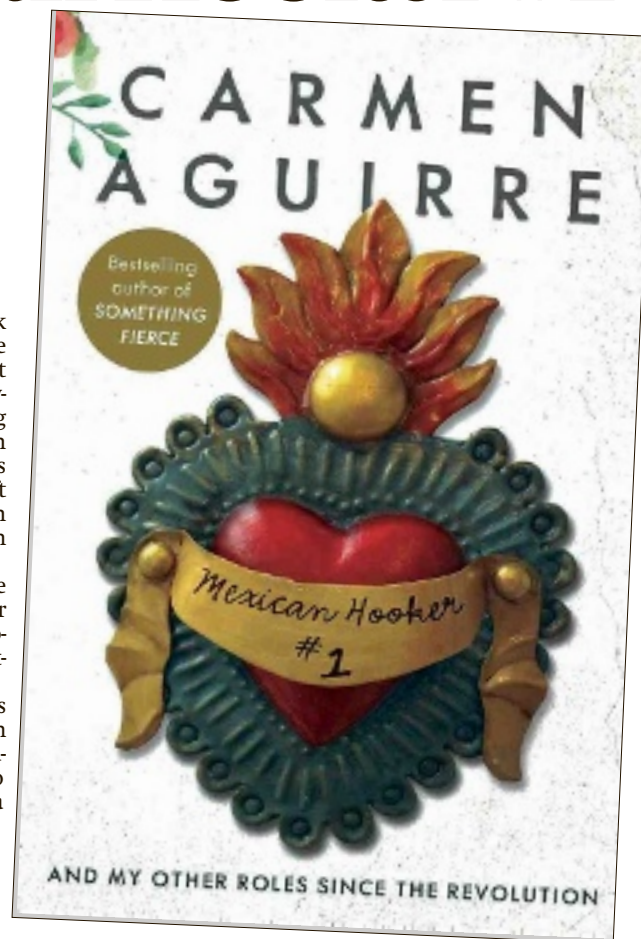
After years of work, both personal and professional, Aguirre found strength in the theatre, choosing to develop her own productions rather than being cast in stereotypical roles for Latina women, like *Mexican Hooker #1*, and as a workshop facilitator, helping others to overcome trauma through dramatic arts.

It seems appropriate that *Mexican Hooker #1* also travels back and forth in time, as Aguirre slowly and deliberately lays out the details of her rape and recovery, and finally her astonishing face-to-face confrontation with Oughton more than 30 years later, which she says has left her feeling more compassion for the man most would deem a monster.

And although she didn't write the book as therapy for herself or others, she has already been approached by other victims wanting to share their experiences.

But ultimately, Aguirre says *Mexican Hooker #1* is more than just a single story and a reminder that there's much more to this woman than her past as a teenage revolutionary or rape survivor.

Sue Carter is the editor at Quill & Quire magazine.



From #1 New York Times best-selling author

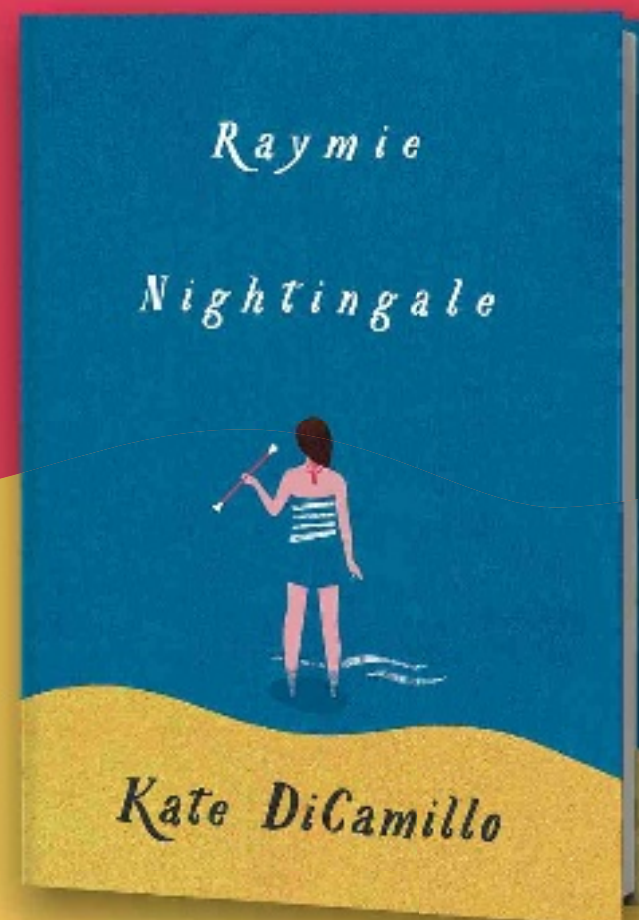
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Project overview

Country Walk, a building site in Kemptville, offers a number of affordable bungalow models that are perfect for retirement. Started in mid-2013, the site provides access to amenities such as an exclusive community centre with an outdoor BBQ area. Purchasers can move into quick occupancy homes in as little as five weeks.

Housing amenities

The bungalows are built with wide front porches to create the country-house feel. The rooflines are decorated with false dormers and gables, while inside the homes are designed with hardwood and ceramic flooring and 10-foot ceiling heights on the ground floor. All the models include finished basements and an oversized single-car garage.

Location and transit

The site is not far from Highway 416, which connects Kemptville with Ottawa. It takes about 40 minutes to get right downtown. The area also has a rural transit route available. Kemptville also has several good medical facilities and plenty of options for shopping and dining.

In the neighbourhood

Located right in Kemptville, residents can enjoy the benefits of living in a small town, while still having access to everyday necessities. Just south of Ottawa, Kemptville is a beautiful town in itself, but it also offers nearby nature trails and scenic countryside.

ILANA REIMER/FOR METRO

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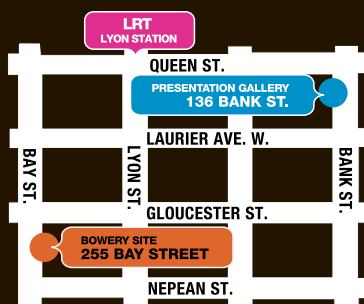


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Tables that move beyond four legs

INNOVATION

Designers experiment with process, unique woods

When you think “table,” you’re likely to imagine a set of four legs and a top.

When Peter Harrison thinks “table,” he conjures up all kinds of unusual versions. For instance, instead of hiding the structural connections in his tables the way it’s typically done, he brings them centre stage. Steel cables, rods and fasteners become important parts of the design.

“I find these elements give life to my pieces,” says the furniture designer, from Middle Grove, N.Y. “They’re a view of exposed structure, yet not a complete vision. A glimpse of what’s inside.”

At his booth at this spring’s Architectural Digest Design Show, Harrison had a striking dining table on display called Oahu: a glass circle perched on a truss of sapele (an African heartwood) legs, joined together with aluminum brackets and steel bolts. Some of his other tables resemble bridge spans, with sinews of aluminum cabling suspended between concrete, wood or acrylic struts.

Tables were a highlight at the show, held recently on Manhattan’s Pier 94. It was a venue for both established and emerging furniture designers from North America and around the world. The crowd numbered more than 40,000.

Designer Kino Guerin of Melbourne, Que., has been

experimenting for the last 10 years with a vacuum lamination process. He combines industrial-grade plywood with rare woods and veneers to craft fluid, elegant tables.

The Nebula table was inspired by a curled paper ribbon. Walnut and sweet gum veneers curved into the aptly named Toboggan. On Guerin’s Salto console, the legs on one end do a loop-de-loop as they stretch to the floor.

Designers Michael Bell of Belfast, Northern Ireland, and Susan Zelouf of New York have a studio in an old chocolate factory in Dublin. They work with unusual woods like koto, red birch, black Bolivar and Makassar ebony, embedding surprising yet beautiful elements into their tables like koi fish or, shown at the Architectural Digest Show, monarch butterflies.

ReSAWN Timber of Telford, Pa., showed a nice example of their Charred collection:

The walnut table had been blackened using an ancient Japanese technique called shou sugi ban. The process involves charring the wood, misting it lightly with water before it’s cooled, and then brushing, sealing or staining it. The charcoal preserves the wood, acting as a barrier

“

They’re a view of exposed structure, yet not a complete vision. A glimpse of what’s inside.

Peter Harrison, on incorporating connections into his designs

against insects, rot and fire, while accentuating the natural grain.

KGBL’s Pintor black walnut coffee table was another standout, with chamfered edges, brass inlay, and a top of handmade glass that’s available in jewel tones like topaz and aquamarine.

The Terranova coffee table’s top was hewn from a single block of marble, set on a bronze base. THE ASSOCIATED PRESS



Straw marquetry, a French woodworking technique, was used to craft this table, which is perched on a bronze base and the niche has been given a tomato red hue.

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Wedding dress trends: less is more

NO-STRESS DRESS

Watch for lighter dresses, sleek fabrics in bridal trends

JEN TRAPLIN

For many of today's brides, when it comes to the dress, less is more. That means plunging backs and necklines, sleek fabrics and fitted silhouettes without all the fluff.

"The lighter the dress, the better, whether it's less volume or a lighter fabric all together, and we continue to see more of the low back trends as well," says Dana Alexander-Salares, owner of With Love Bridal Boutique Ltd. in Kanata and Renewed With Love in Stittsville.

Some of this year's biggest bridal trends include simple

elegance, knee-length dresses, lace, feathers and, for some, even pantsuits.

Blush colours, like pink, purple and blue, are also very popular, as are crop tops and separates, a trend Alexander-Salares believes will continue well into next year.

"We began seeing the separates trend this year and feel that it will really take off more in 2017. The newest styles arriving in store this summer, which will be more geared towards the 2017 brides, include a lot of separates, removable overlay skirts and crop tops," she explains.

As for traditional dresses, Alexander-Salares says they will always be a favourite choice but that more and more brides are starting to shift away from traditional white.

"Certainly the more traditional colour white is becoming less popular. Off white and ivory has been the trend for quite some time but, season after season, we are see-

ing the introduction of more colours such as gold, blush, and even silver."

For brides who want to stay away from overly trendy or traditional, Alexander-Salares recommends a sleek sheath silhouette for a timeless and versatile look.

"It can transition from one trend to the next with the right accessories. If the trend is boho with flower crowns, they can easily be added to change up the style. If glamorous happens to be the in bridal look, just by adding a beaded belt, you can create a more elegant and polished look," she says.

A nice, clean line works for brides who want to keep their look simple.

"A beautiful flattering shape is a great start. I love clean lines, whether it's a simple satin a-line silhouette or a sleek, fitted gown. Details like a statement necklace, removable straps or a belt with floral appliques can always be added for extra detail," said Alexander-Salares.



White by Vera Wang lace with beads wedding dress. DAVID'S BRIDAL



Truly Zac Posen long sleeved short wedding dress. DAVID'S BRIDAL

BRIDE'S TO-DO LIST

Trust your makeup artist

One of the most important items on a bride's to-do list is something the majority of women deal with on a daily basis — her makeup. Techniques like contouring and strobing are among today's hottest makeup trends, but Radha Subramani, owner of Radha Subramani Makeup and Hair, a full-service Ottawa bridal firm, says, while more women are experimenting with those types of techniques every day, bridal makeup shouldn't reflect the current trends.

"Baking, strobing and con-

touring are all techniques that makeup artists have been using for years in various ways to achieve certain effects and your makeup artist will determine what techniques to use based on the details of your day and your look," she explained.

"You should trust the artist you choose to create a timeless look that reflects your unique features. Most of my clients want to look like themselves, just better."

To achieve that timeless look, Subramani suggests going with neutral matte shades, which



TRIPP PHOTOGRAPHY

will always stand the test of time, as well natural, pink lips and softly glowing skin. As for selecting a makeup artist for your big day, Subramani says the most important thing, on top of viewing an artist's portfolio, is to look for someone who will listen.

"Communication is really important. Your makeup artist should ask you lots of questions about what makeup you wear daily, what shade your dress is, what the schedule for your day is and whether your ceremony is indoors or outdoors," she said.

JEN TRAPLIN



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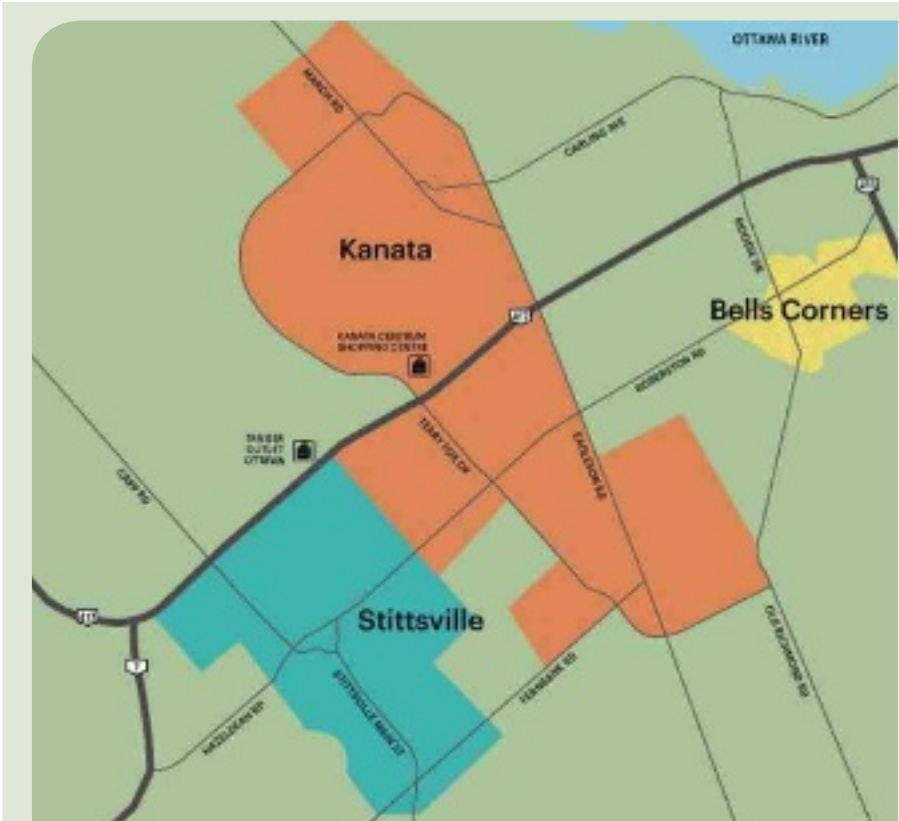
KANATA AND STITTSVILLE Ottawa’s west end still a fast growing community

Jen Traplin

Known for its bountiful green spacaes, booming high-tech industry, popular attractions like the Canadian Tire Centre (home of the Ottawa Senators) and the Diefenbunker, as well as a wide array of residential communities, the City of Ottawa’s west end offers the perfect lifestyle for just about anyone. The area has enjoyed steady growth for decades, particularly in Kanata, one of Ottawa’s largest suburbs, and Stittsville, which lies just west of Kanata and roughly 30 minutes from the downtown core. 15 years ago, before Kanata became part

of the amalgamated City of Ottawa, it was one of the fastest growing communities in Canada, a trend that continues to this day. More than 80,000 Ottawa residents now call Kanata home and the area is constantly expanding, not just in terms of residential development but business as well. Kanata North houses many of the major hi-tech employers in Ottawa, including Cisco Systems, Inc., Blackberry and Mitel, and rumours continue to swirl about Apple setting up shop in the same business park, the largest research and tech park in the country. Just a few kilometres west is Stittsville, which started as a sleepy farming community in the 1800s and has since transformed into a bustling suburb, while still managing to hang onto its village charm. Recently, the City of Ottawa released a Community Design Plan for Stittsville, which aims to preserve the heritage status of the area while also transforming it into a modern and more walkable community.

Ottawa West



Transportation: Kanata and Stittsville are both located along the recently expanded 417, allowing for quicker travel during peak times. Both are also serviced by OC Transpo within the communities and express commuter buses provide a convenient connection between the west end and the downtown core during the morning and afternoon rush hours. There are three Park and Rides in West Ottawa — Canadian Tire Centre, Terry Fox and Eagleson.

Schools: Kanata and Stittsville are home to six high schools (both public and Catholic), dozens of elementary schools (including French public and French Catholic) and three Montessori schools. The main campus of Algonquin College is also located a short distance away, in nearby Nepean.

Shopping: There are no shortage of options when it comes to shopping in West Ottawa. On top of the recently renovated and expanded Bayshore Shopping Centre just minutes away from Kanata, there is the beautiful outdoor Tanger Outlet Mall, which boasts high-end names like Michael Kors, Coach and the newly opened Saks Fifth Avenue OFF FIFTH. Big-box stores like Toys R Us, Michaels and Winners can also be found along Hazeldean Road.

Entertainment: West Ottawa enjoys entertainment options like the Canadian Tire Centre, home of the Ottawa Senators and venue for a number of high profile concerts and events. There is also the Ron Maslin Playhouse, a 350-seat theatre in Kanata and the Kanata Centrum, a popular destination for a night out, as it boasts a wide variety of bars, restaurants and a 24-screen movie theatre.

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Big city living with village charm

WESTERN SUBURB

The past ten years has seen big changes for Stittsville

Jen Traplin

One of the Ottawa region's best kept secrets is the small, western suburb of Stittsville, which offers all of the luxuries of big city living while still holding onto its historic village charm.

In the past decade, the population of Stittsville has exploded as the area has undergone a massive transformation.

"There are a lot of new businesses coming in and there are a ton of new people. We're over 30,000 people in Stittsville," says Glen Gower, vice president of the Stittsville Village Association. "It's really changed in the last five years."

During that time, there has been a steady stream of new residential builds and several big box stores — like Michaels, Winners and Lowe's — have moved into new retail locations along the now widened Hazeldean Road.

"On one hand, you're getting these really big businesses and chain stores and, at the same time, we're getting a lot of really interesting, locally owned small businesses as well," Gower says.

"I'm thinking of places like Covered Bridge Brewing, a craft brewer on Iber Road, or Quitters Coffee, owned by Kathleen Edwards, and a lot of other small businesses like the food trucks coming in."

Of course, at the heart of Stittsville's draw is its village charm. Many of the buildings along Stittsville Main Street are designated heritage status. While some have been



Ottawa-born musician Kathleen Edwards opened Quitters Coffee in Stittsville. CONTRIBUTED

preserved, others have been neglected, creating a bit of a turning point, in terms of Stittsville's identity.

"I think Stittsville is still figuring out

what kind of community it really is. Is it a little bit outside of Ottawa — that idea that it's a bit beyond the fringe? Or is it a modern suburb? I don't know," admits Gower.

"I think the next 10 years, how Stittsville Main Street does or doesn't develop will really shape how the community looks in the future."

Kanata North tech sector booming



Employment in Kanata North has grown steadily — more than 21,000 people are employed by companies there today. CONTRIBUTED

While Kanata has long been known for its rich and prosperous tech sector, a recent study has proven the Kanata North Business Park is, in fact, the largest research and technology park in Canada.

Since 1991, employment in Kanata North has grown steadily and, today, more than 21,000 people are employed by companies there.

"We're incredibly proud of what's happening here," professes Jenna Sudds, Executive Director of the Kanata North BIA.

Earlier this year, the BIA commissioned an in-depth study to explore the exact economic impact of Kanata North's renowned business community. The study, released in February, concludes the area's business activities "contribute mightily to the Ottawa, Ontario, and Canadian economies."

While the business park is well known for its association with big names like Mitel, Cisco and Alcatel-Lucent (there are also rampant rumours about Apple setting up shop in the area), the majority of the tech firms in Kanata North are actually small organizations.

"We are certainly the home to many large multinationals and large employers but, when you drill down into it, you realize a

+ KANATA NORTH

- Over 21,000 employees
- 500+ companies contributing over \$7.8 billion to Canada's GDP
- 75% of Kanata North's tech firms have less than 50 employees
- 64% of the tech sector is Canadian owned
- Over 50% of the employees live within 5 km of work

clear majority — actually 75 per cent — are those smaller firms with less than 50 employees that really are doing some incredible, innovative things. I think it's very telling of what's happening here," says Sudds.

Most of the companies in Kanata North are also Canadian owned which Sudds believes speaks to the talent and innovation that is here.

"I think there's this perception that Kanata is very much the land of big companies and big employers and they're fabulous to have, of course, but we do want those homegrown success stories and the fact that 64 per cent of the companies here are Canadian companies is remarkable," she says. **JEN TRAPLIN**

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KANATA



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MODEL HOME HOURS

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All illustrations are art & design concepts. All measurements are approximate. Prices, specifications, terms and conditions subject to change without notice. P&S/E

MATTAMYHOMES.COM





"I'm 0-2 in that regard and so I think I'll stay away": Raptors GM Masai Ujiri has no profanity-laced rant planned to start this year's post-season

Europe's top spot vacant

UEFA CHAMPIONS LEAGUE

Barça stunned by Griezmann's double for Atleti

Lionel Messi, Luis Suarez and Neymar all failed to deliver as holder Barcelona was dumped out of the Champions League quarter-finals on Wednesday in a stunning 2-0 defeat by Atletico Madrid.

Barcelona's star trio was kept in check by some tough defending from the home side, while France striker Antoine Griezmann scored a goal in each half as Atletico overturned a 2-1 loss at Camp Nou in last week's first leg to win 3-2 on aggregate.

The result sent Diego Simeone's team, which had played most of the first-leg match with 10 men, to the semifinals for the second time in the last three seasons.

And it shattered the hopes of favourite Barcelona, which had reached the semifinals seven times in the last eight years.

"It wasn't our best day, we weren't lucid and we struggled to create chances," Barcelona coach Luis Enrique said.

Barcelona's performance was summed up by another disappointing display from Messi, who again failed to score his elusive 500th career goal.

The playmaker is enduring his worst scoring slump with Barcelona in five years and hasn't scored since a win over Arsenal in the round of 16 of the Champions League on March 16.



Frenchman Antoine Griezmann scored with his head to even the match in the 36th before scoring an 88th-minute penalty to give Atletico a 3-2 win on aggregate. MIKE HEWITT/GETTY IMAGES

Only twice Barça had failed to advance after winning the first leg in its previous 40 attempts in UEFA competitions.

It was Atletico's first win over Barcelona since Luis Enrique took over the Catalan club after the 2013-14 season. Luis Enrique's team had won the previous seven games against Simeone.

Atletico Madrid left the Camp Nou infuriated with the referee-

WEDNESDAY In Madrid



ing last week after its striker Fernando Torres was sent off in the 35th minute. On Wednesday, it was Barcelona that had reason to complain after

a hand ball by Gabi Fernandez that appeared to be inside the area — but was judged by the referee outside the box in second-half injury time.

Messi's ensuing free kick sailed over the crossbar in his team's last chance.

Also Wednesday, Bayern Munich advanced to the semifinals despite being held to a 2-2 draw at Benfica.

The draw in the return leg

of their quarter-final meant Bayern went through 3-2 on aggregate after its 1-0 win at home. Benfica made the German club fight till the end, though, as substitute Talisca's curling free kick beat Manuel Neuer in the 76th to make it level on the night. It's the fifth time running that the German giants have made it through to the semifinals.

THE ASSOCIATED PRESS

OLYMPICS

Clash with exec led to Brassard resigning

Former freestyle skier Jean-Luc Brassard resigned as chef de mission for Canada's 2016 Olympic team because he felt he no longer had the full support of the Canadian Olympic Committee.

A COC statement on Monday cited "personal and professional" reasons for his resignation.

The Olympic champion had questioned the committee's slow handling of the sexual harassment allegations that led to the resignation of former COC president Marcel Aubut in October.

He said his concerns about the case caused friction with some committee members, including what he called a personality conflict with a leading executive, whom he did not name.

"These are not bad people, but we had insurmountable differences," said Brassard.

He submitted his resignation last week but the announcement was made Monday to avoid disturbing swimmers during their Olympic trials on the weekend.

THE CANADIAN PRESS

+ REPLACEMENT

Former Olympic cyclist Curt Harnett became the new chef de mission with ex-Olympians Isabelle Charest and Carol Huynh as assistants.

NHL

Roenick: Panarin merits rookie award

The NHL made a significant change to its rookie of the year rules by establishing an age limit after 31-year-old Sergei Makarov won the Calder Trophy in 1990. A player must now be 26 or younger to be eligible.

Former Chicago star Jeremy Roenick doesn't believe the league needs to do any more tinkering though 24-year-old Blackhawks forward Arte-

mi Panarin, who has Russian pro experience, is the odds-on front-runner to win this season.

"Yes, his talents are a little bit more advanced because of the KHL, but still, he's a rookie," Roenick said on Tuesday. "He is just as dynamic as any player, especially any rookie player in the National Hockey League."

THE ASSOCIATED PRESS

77
Panarin led rookies with 30 goals, 47 assists and 77 points.



ON METRONEWS.CA

Go online for coverage of the dramatic final night of the NBA regular season and a wrapup of the opening night of the NHL playoffs.



MLB

Call-up gives Jays 2 for the price of 1

The Toronto Blue Jays have recalled ambidextrous reliever Pat Venditte from triple-A Buffalo.

Venditte, the only switch pitcher in Major League Baseball, appeared in 26 games with Oakland last season, posting a 2-2 record and 4.40 earned-run average.

Venditte will be counted

on to add versatility to the Jays' struggling bullpen. Toronto's relievers, outside of closer Roberto Osuna, have had trouble preserving wins early this season.

“

If I can help patch that up a little bit, I'd love to do it.

Pat Venditte

pitcher Arnold Leon for assignment to make room for Venditte. THE CANADIAN PRESS

RECIPE Sweet Pea and White Fish Chowder



PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

A lovely and light chowder that will make you think you've traveled to some sleepy fishing town filled with character.

Ready in
Prep time: 15 minutes
Cook time: 25 minutes

- Ingredients**
- 1 tbsp olive oil
 - 1/2 onion, finely chopped
 - 1/4 cup diced pancetta
 - 2 1/2 cups mini white potatoes, quartered
 - 1 cup stock
 - 3 cups milk
 - 1 cup peas
 - 250 g skinless, boneless white fish, chopped into chunks
 - 1 cup peas
 - 2 tbsp fresh chopped dill
 - salt and pepper

Directions
1. Heat oil in a saucepan, add onions and pancetta and cook until onions are softened and pancetta is browned.

2. Add the potatoes and cook for 2 to 3 minutes. Pour in stock, cover and simmer for 12-15 mins or until the potatoes are tender.

3. With a slotted spoon, remove half the potatoes from the stock and set aside. Transfer the remaining potatoes, stock into a blender or food processor, add the milk and whizz until smooth.

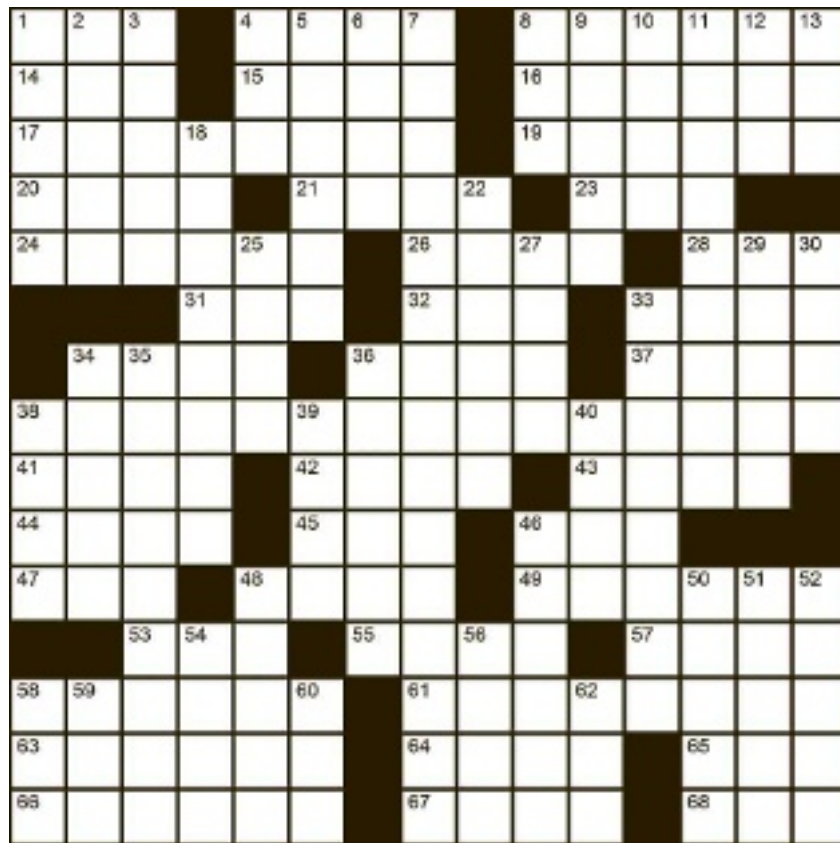
4. Pour mixture back into the pan, add the peas, fish and reserved potatoes. Cover and gently heat for 3-4 mins until the fish is just cooked through — don't boil. Stir in dill then season to taste.

FOR MORE MEAL IDEAS, VISIT
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

- ACROSS**
1. Wooden wedge
 5. Sea lettuce
 9. "What am I, chopped _?"
 14. Verdi opera
 15. Sci. class
 16. Dispatch boat
 17. Ringing reverberation
 18. Mini medians
 19. Biker role in #61-Across
 20. 11:00pm, for instance: 2 wds.
 23. Social pages word
 24. Fab Four, for one
 27. Canada _ (CBC's annual books competition)
 29. Regular
 30. Woodstock salutes
 33. Of the body's major artery
 35. Rules of conduct
 39. Shiba _ (Dog breed of Japan)
 40. Pamplona's locale in northern Spain
 42. Muesli tidbit
 43. Drop in rank
 45. Sacred place
 47. Gilligan's boat, S.S. _
 49. Ancient Greek colony
 50. Joe of "JFK" (1991)
 52. The _ (Novel by #9-Down which is the 2016 winner of #27-Across)
 54. Abitibi article
 55. 1934: Montreal Neurological Institute founder, Dr. Wilder _



- (b.1891 - d.1976)
58. Express
60. Sports car, _ Romeo
61. " _ Rider" (1969)
65. Latin for 'I believe'
66. Enter: 2 wds.
67. _ & The Bunny-men

68. Russian ballet company
69. Hobbyist's purchases
70. Actor, Oliver _

DOWN

1. Maple's meal
2. "Speed it up, stallion!"

3. US 'Gem State', briefly
4. Shopping centre regular's nickname
5. Decrease
6. It keeps a censor ready with the bleep button: 2 wds.
7. Van _ , Vincent
8. Besides

9. Newmarket, Ontario born author (More at #27-Across and #52-Across): 2 wds.
10. Climber of the quoin
11. Choice dish
12. Rob of "90210"
13. Automatic
21. Nfld., for one:

- 2 wds.
22. Cheering-on people
24. Randy of "The Apprenticeship of Duddy Kravitz" (1974)
25. "Can you give _ _ moment, please?" (Making-a-decision couple's request)
26. Latin for 'gold'
28. Peer Gynt's mother
31. Actors Joe or Vincent
32. Odd, briefly
34. Ms. Kazan of "My Big Fat Greek Wedding 2" (2016)
36. Fist, in France
37. Actress Ms. Raymonde
38. Bargain
41. " _ Ryan's Express" (1965) starring Frank Sinatra
44. Mantric syllables
46. Antlered creature of European woodlands: 2 wds.
48. Nintendo's getting-in-shape offering, _ _ Plus
50. Science dish
51. 'Poly' add-on (Synthetic fabric)
53. Angles
54. Good fortune
56. Harps
57. Sight-of-ice in The Arctic
59. Japan's capital's old name
62. Expert
63. " _ Devil" (1989)
64. Greeted, Rocky-style

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an excellent day for business and commerce. Look for ways to boost your income or to improve your job, because you have the edge!

Taurus April 21 - May 21
Mercury is in your sign today, dancing with lucky, moneybags Jupiter. This is a great day for business and financial conversations, because you believe in yourself!

Gemini May 22 - June 21
Your confidence is strong today, which is why you are willing to explore new ideas and listen to what others have to say. Behind-the-scenes news might benefit your home scene.

Cancer June 22 - July 23
This is a wonderful day to schmooze with others! It's also an excellent day for classes, meetings and conferences. Everybody wants to talk and get into the act!

Leo July 24 - Aug. 23
This is a great day to make plans for the future, especially by creating organizational systems. Business and commercial activities are favored. Ask the boss for what you want!

Virgo Aug. 24 - Sept. 23
You will enjoy the study of philosophy, law and medicine today, because you are hungry to expand your mind. This is also a great day to make travel plans for the future.

Libra Sept. 24 - Oct. 23
You couldn't pick a better day for discussions about inheritances, taxes, debt and shared property. All parties involved will be fair-minded and generous to each other.

Scorpio Oct. 24 - Nov. 22
You will enjoy sitting down with a partner or close friend to discuss practically anything today, because you are in such a positive frame of mind. This is a great day to deal with groups.

Sagittarius Nov. 23 - Dec. 21
Co-workers are supportive today. In fact, you will enjoy almost anything that you do at work today, because you feel happy and hopeful.

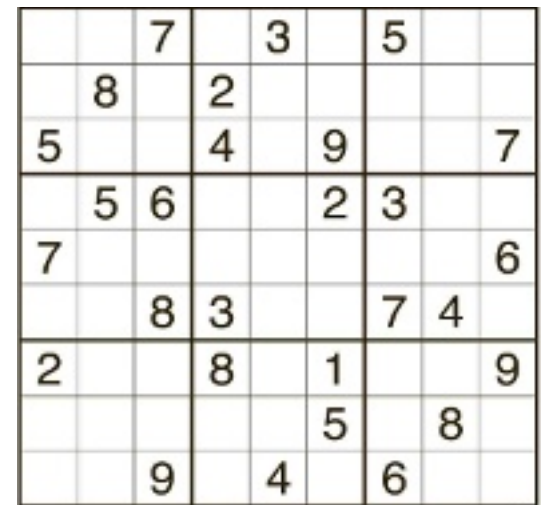
Capricorn Dec. 22 - Jan. 20
Social diversions, the arts, movies, sports events and playful activities with children are wonderful choices for you today. You feel happy, upbeat and ready to enjoy life!

Aquarius Jan. 21 - Feb. 19
Family discussions will go well today. In particular, this is a good day to tackle big projects that entail repairs and improvements to where you live.

Pisces Feb. 20 - March 20
You understand the Power of Attraction. You also understand that thoughts manifest into reality. Today your positive frame of mind makes you happy.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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